

Primary P5-7 PE

FLEXIBILITY

Below are 6 tasks. Task 1 is for everyone to complete and then we would like you to choose two or more tasks to complete over the week.

1. Flexibility (FLIP)

Click on the link below. Watch the videos and try the tasks and challenges on the explore and create pages:

[Flexibility FLIP](#)



2. Dynamic Flexibility

Did you know that you need 'dynamic' flexibility as well as 'static' flexibility to perform well in most sports? Can you do some research and find out what 'dynamic' and 'static' flexibility mean?

Have a go at the moves in this video, and see if you can improve your dynamic flexibility! If you manage to do it daily, you'll notice a difference in how stretchy you are more quickly!

<https://kidshealth.org/en/teens/stretching-vd.html>

To make it easier:

Skip the exercises that you find tricky. Wait until the end of the week, try them again and see if you notice a difference.

To make it more challenging:

Try doing the exercises everyday.

3. Daily Yoga



Adriene is one of my favourite online Yoga Teachers. She is calm, encouraging and sincere. [Here](#), she has put together a perfect 30 minute routine, designed for children who are around your age. I challenge you to give it a go and not feel better, both mentally and physically afterwards.

To make it easier:

You don't need to do all the exercises and positions -if one is too tricky, just sit it out or do a previous one that you enjoyed.

To make it more challenging:

See if you can do this every day this week. Keep a note of how you feel at the end of each session, both in your mind and body.

4. Mobility/Dynamic Stretching

Mobility and Dynamic Stretching helps to get you moving and active, and develops flexibility also. Try some exercises for different parts of your body -

Dynamic Stretching Routine



Dynamic Stretching Exercises



5.Touch Your Toes

Stand with your feet shoulder width apart. Bend slightly at the knees and bring your hands down slowly towards your toes. When you get as far as you can go, hold it for 30 seconds.



6.Flexibility Circuit

Hold each stretch to the point where you feel tension in the muscle but not pain. Remember to switch arms/legs when required. Try to complete all 3 rounds!

Round 1: 10s Round 2: 15s Round 3: 20s



To make it easier:

Slow down the speed
Do less of the stretches
Hold stretch for less time

To make it more challenging:

Add in a jump before specific stretches, eg. lunges, squats
Try more advanced stretching -
[Advanced Dynamic Stretching Exercises](#)

To make it easier:

Hold it for 10 seconds.
Only stretch until it is slightly uncomfortable.
Stand with your feet wider apart, and reach for the floor.

To make it more challenging:

Try holding the stretch for 1 minute.
Try it with your feet together.
Try to get your finger tips under your toes.
Try to get your palms flat on the floor.

To make it easier:

Don't stretch as far.
Complete all rounds at 10s.
Use rope/dishtowel for hamstring stretch.
Lie down for quad stretch.

To make it more challenging:

Try to increase the stretch.
Complete all rounds at 20s.
Don't use anything for hamstring stretch.
Stand up for quad stretch.

